



**INVESTING**



**IN HEALTHIER**



**FAMILIES**

**NURSE-FAMILY PARTNERSHIP:  
A PROMISE FOR NORTH CAROLINA'S FUTURE**



# “YOU’RE PREGNANT”

She’s only 18. Upon hearing those two words, she tries to fight a rising panic. Her thoughts swirl: How will I finish high school? Who will help me take care of the baby? How will I know what to do?

She has no money, and the only reliable person in her life is a sick grandmother. Alone in the doctor’s office, she cries. There’s nowhere to turn.

Each year in North Carolina, **21,000 children are born to first-time, low-income mothers** who are at the greatest risk of suffering health, education and economic disparities – disparities that perpetuate a vicious cycle of poverty.

No matter how a new mother arrives at this situation, there's no doubt the quality of her life – and her baby's – depends on crucial choices in the next few years.

## Support at a Critical Crossroads

### Enter Nurse-Family Partnership® (NFP).

NFP is a nationally recognized, evidence-based nurse home visitation program for first-time, low-income mothers. Through ongoing consultations in the mother's home, registered nurses work to:

- Improve pregnancy outcomes
- Improve child health and development
- Increase the economic self-sufficiency of the family

The program lasts from pregnancy until the child turns 2.

Although many program participants are teens, NFP serves mothers of all ages.

## North Carolina NFP Client Snapshot

Median age - **19**

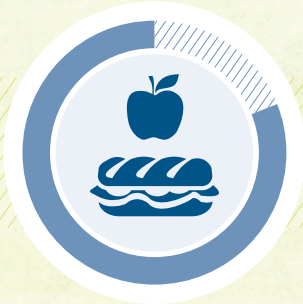
Median grade completed for those without diploma - **10th**

Marital status - **91% are unmarried**

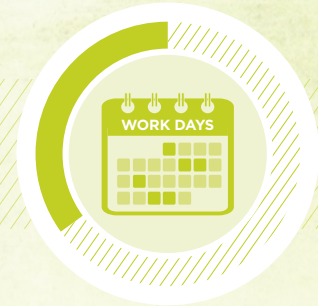
Median household income - **\$13,500**

## Challenges in Our State

North Carolina consistently scores poorly on indicators of maternal and child health and well-being, making NFP a vital component of our state's continuum of care.



**81 PERCENT** of fourth graders who receive free or reduced school lunch score below proficient reading levels, underscoring the correlation of poverty and poor academic achievement.



**35 PERCENT** of children live in households where neither parent has full-time, year-round employment.



NFP serves 17 high-risk counties that have high rates of substantiated child abuse and neglect cases. These areas account for **36 PERCENT** of abuse and neglect cases in the state.

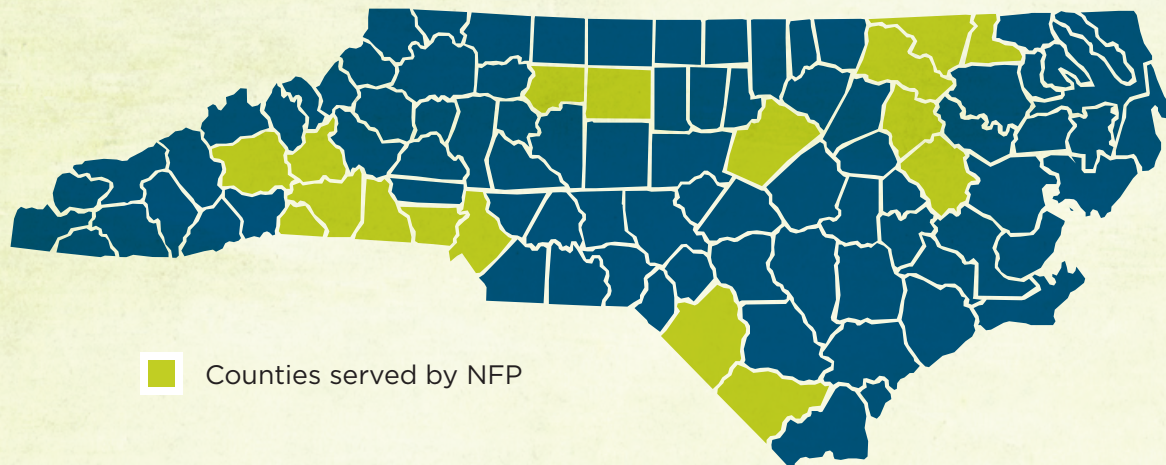
The majority of first-time mothers served by North Carolina NFP are minority women (**59 PERCENT**), who tend to have higher risk of poor birth outcomes and economic challenges. Here is a breakdown\* of birth outcomes for our state's mothers:

Population Segment	Teen Birth Rate (per 1,000) (2008)**	Preterm Births (2009)	Low Birth-Weight Infants (2009)	Infant Mortality Rate (per 1,000) (2011)	Children in Poverty (2011)
African-American	<b>65</b>	<b>17.2%</b>	<b>14%</b>	<b>13</b>	<b>40%</b>
Hispanic	<b>149</b>	<b>12%</b>	<b>6%</b>	<b>5.4</b>	<b>44%</b>
White	<b>33</b>	<b>11%</b>	<b>7.5%</b>	<b>5.5</b>	<b>15%</b>
Overall	<b>49</b>	<b>13%</b>	<b>9%</b>	<b>7.2</b>	<b>26%</b>

\*All data compiled from Annie E. Casey Foundation Kids Count Data Center, NC Center for Health Statistics, Kaiser Family Foundation State Health Facts and the Centers for Disease Control and Prevention.

\*\*Pregnancies separated by origin of mother as determined in 2007 by the Centers for Disease Control and Prevention.

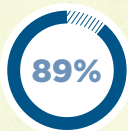
## NFP Locations: 11 Sites Serve Families in 17 Counties



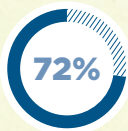
### Evidence of Effectiveness

Nationwide, 30 years of research support NFP's success. In North Carolina, NFP has served **2,397** mothers, welcomed **1,573** babies and conducted **47,426** home visits.\*

#### AS A RESULT:



of babies were born full-term, and **89 PERCENT** were born at a healthy weight (at or above 2,500 grams/5.5 lbs.).



of mothers enrolled in NFP had no subsequent pregnancies at program completion (i.e., **28 percent** faced a repeat pregnancy within 2.5 years of enrollment).\*\*



of mothers who entered the program without a high school diploma/GED have since earned one, and another **26 PERCENT** are working to obtain one.

“Even among families at highest risk, this evidence-based program is proven to prevent costly problems like preterm birth, low birth-weight infants, and child abuse and neglect.”

**Lanier Cansler**  
*President, Cansler Collaborative Resources, Inc.  
Former Secretary of North Carolina Department of Health and Human Services*

\*This data was last updated in December 2012.

\*\*Subsequent pregnancy data is cumulative through September 2012. The record of NFP completers is impressive compared to a national sample of low-income mothers, for whom 39 percent of pregnancies occurred within 18 months of a previous birth (National Survey of Family Growth, 2008).



## Proven Results

NFP is the most rigorously evaluated program of its kind. Research conducted over the past 30 years demonstrates:

- Improved prenatal health
- Fewer childhood injuries
- Fewer subsequent pregnancies
- Reduced child abuse and neglect
- Increased intervals between births
- Increased maternal employment
- Improved school readiness
- Increased presence of the father in the household

There are significant economic benefits to investing in early intervention programs. **The RAND Corporation has independently estimated that the return for each dollar invested in NFP is up to \$5.70.**

## NFP: A Smart Investment

In 2008, a group of public and private partners came together to address maternal and child health challenges in our state. They recognized that North Carolina needed a solution to not only improve birth outcomes but also to ensure more families had adequate opportunities to break the cycle of poverty.

Together, they decided to invest in NFP.

Statewide partners include:

- The Duke Endowment
- The Kate B. Reynolds Charitable Trust
- Blue Cross and Blue Shield of North Carolina Foundation
- North Carolina Department of Health and Human Services, Division of Public Health
- North Carolina Partnership for Children, Inc.
- Prevent Child Abuse North Carolina

NFP begins in North Carolina, starting an initial program at Guilford Child Development.

Blue Cross and Blue Shield of North Carolina Foundation joins the partnership, investing funds to begin a new site in Pitt County.

NC DHHS Division of Public Health is awarded \$3.2 million in federal funds for evidence-based home visiting programs like NFP.

The Kate B. Reynolds Charitable Trust expands NFP to its home county of Forsyth.

2000

2005

2008

2009

2011

2012

Prevent Child Abuse NC convenes statewide task force on child abuse prevention with the NC Institute of Medicine. The task force recommends expanding NFP.

Public-private partnership convenes and decides to commit financial resources to NFP. NFP expands to Mecklenburg, Robeson, Wake, Pitt, Cleveland and Rutherford/Polk/McDowell counties.

With the help of county commissioners, NFP expands to Buncombe County.

Federal funding from the Maternal, Infant and Early Childhood Home Visiting program allows NFP to expand to six new counties – Gaston, Columbus, Edgecombe, Halifax, Northampton and Hertford.

# MATAIA'S STORY

When Mataia found out she was pregnant, she felt alone. Still in high school and hoping to graduate, she worried about achieving her goals. Then Mataia discovered NFP, implemented by Care Ring in Mecklenburg County.

Mataia said her nurse, Kenya, helped her see the bigger picture and make the right choices to reach her goals. Kenya helped Mataia stay on track to graduate from high school and complete financial aid applications for college – all while encouraging and celebrating development milestones for Mataia's healthy son, Yani.

Mataia is now working to earn her college degree and is financially independent. Because of NFP, she is able to give her son the best possible start in life.

“I was worried in the beginning that my situation would limit Yani,” she says. “It’s the main reason I was so excited to join NFP. Because of the program, I know Yani can do anything in life he wants – he can dream big, and I know that his dreams can come true.”

## Nurse-Family Partnership Today

The public-private partners have worked hard to sustain and expand NFP. In the last year alone, NFP has increased capacity by a third, growing into a thriving statewide network. The program employs dozens of registered nurses, serving nearly **1,000 families** in **17 counties** on any given day.

## Where Do We Go From Here?

NFP is a great success in North Carolina, but many more families in our state would benefit from access to this program. With your support, we hope to continue working with our most vulnerable families to improve the stability of our communities.

## Learn More

To find out more or sign up for our quarterly newsletter, visit [NFPNC.org](http://NFPNC.org).



## People Are Talking About NFP

Join the conversation and find out what they're saying at [#NFPHelpsNC](https://twitter.com/NFPHelpsNC).

**“Through Nurse-Family Partnership, mothers learn how to care for and nurture their children in a way that promotes healthy development. For example, nurses help moms understand the importance of reading with their child and healthy play activities, the kind of techniques and skills necessary to ensure lifelong benefits.”**

Dr. Tom Irons  
*Associate Vice Chancellor for Regional Health Services,  
East Carolina University*

